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Exotic trips for politicians axed

TRAVEL Federal politicians who have been jetting in style around the globe have had their wings clipped.

The proposed budgets for 13 parliamentary friendship associations — which send dozens of MPs and senators on trips to exotic locales each year, all at taxpayers' expense — have been rejected.

The joint House of Commons-Senate body, which authorizes the budgets, has told the groups that pricey travel at a time of record deficits and spending restraint is unacceptable.

Said David Tkachuk, a Conservative senator who co-chairs the Joint Interparliamentary Council: "You can't be leaders, telling everybody else to practise restraint and not do it yourself."

THE CANADIAN PRESS

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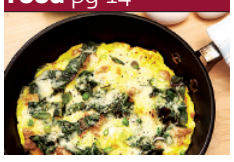
Food pg 14



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Golf

Out of the Woods, onto the course

HARRY HOW/THE ASSOCIATED PRESS

Tiger Woods speaks yesterday during his media conference at the Masters golf tournament in Augusta, Ga. Woods acknowledged he has "acted terribly," and said he has to become a better man during his first unrestricted meeting with the media since he crashed his SUV into a tree in November. More coverage, page 12.

Driver kicked off the bus

OC Transpo fires man who complained of illegal activities

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

A former OC Transpo driver said he was forced out of the job after complaining about illegal activity allegedly taking place in the OC Transpo's headquarters drivers' lounge.

Allen Roulston's first shifts as a driver with OC Transpo started just after Christmas. On March 1, Roulston, formerly operator 7990, was informed by his section head that he was "unsuitable for ongoing employment with the City of Ottawa."

Roulston was still on probation as a driver, so OC Transpo was within its rights to fire him, but he insisted the real reason was because he took photos and video of other drivers selling pirated material market-style in the drivers' lounge last January and wrote to his supervisor asking to put a stop to it.

During the six-week training period, Roulston said he was frequently told to report any illegal activity on OC Transpo property. That's what he did. Weeks later, people started harassing him at work, said Roulston.

Things reached a boiling point Feb. 10 when, he alleges, he was approached in the lounge and accused of taking pictures of drivers smoking in their buses, or complaining about the "Egg Man," a former employee who sells eggs at OC Transpo's headquarters.

The next day, he was shouted down by around 40 drivers anytime he attempted to take a shift, said Roulston.

The experience left him rattled. He was diagnosed with post-traumatic stress disorder and placed on leave while OC Transpo investigated the incident. After three interviews, he was terminated March 1. He filed a grievance, but on March 31, he received a letter saying it was denied.

The city stated that since this is a labour relations issue it cannot comment.

TIM WIECLAWSKI/METRO OTTAWA

Former OC Transpo driver Allen Roulston said he was forced out after just three months on the job after filing a complaint about illegal activity in the drivers' lounge.

Feds may ban pardons for sex criminals after hockey coach uproar

CRIME The federal government is looking at barring sex criminals from receiving pardons, or at least extending the time they would have to wait before applying.

Public Safety Minister Vic Toews said yesterday the government will seek ways to end "rubber-stamped" applications after revelations that sex-abusing hockey coach Graham James was pardoned by the National Parole Board.

But those who work with offenders say changing the law because of one rogue case is folly that will do more harm than good.

"I think we ought not be running around with our hair on fire every time an institution like the pardon system or the parole system doesn't live up to our expectations," said Craig Jones of the John Howard Society, which helps offenders readjust to society after release.

A pardon does not erase a person's criminal record, but can make it easier for an ex-convict to get a job and travel abroad. In the case of sex offenders, a flag remains on the pardoned offender's file, serving as an alert should they seek work with children or other vulnerable people.

Toews said he was surprised to learn that James, a former junior hockey coach, was granted a pardon from the parole board in 2007 for sexual assaults against two teens, including Sheldon Kennedy, who would later go on to play in the NHL.

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SCANLIFE

Local

Art prof to dazzle on camouflage

The Canadian War Museum is hosting a camouflage-themed evening Thursday. Roy R. Behrens, professor of art at the University of Northern Iowa, is giving a talk on artists' contribution to Dazzle Ship camouflage, pictured at left, during the First World War at 7 p.m. The talk is part of the special exhibition, Camouflage: From Battlefield to Catwalk. METRO OTTAWA

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Spins and Needles crafts five funky years

MIRANDA MINASSIAN
for Metro Ottawa

NIGHTLIFE What five-year-old wouldn't want their birthday party held in a room filled with armoured tanks?

In honour of their fifth anniversary, Spins and Needles will collaborate with the Canadian War Museum to host an art-influenced anniversary party.

Spins and Needles is an Ottawa-based nightlife experience that provides an alternative to an evening of bar hopping by offering up a combination of arts and crafts projects and funky DJ-spun beats.

"It is way more social than a regular night out at the bar," said Brad Campeau, a frequenter of Spins and Needle nights. "People cruise around with drinks, look at the art and comment on the projects."

Five years ago, craft enthusiast Melanie Yugo and DJ Jason Pelletier thought people of Ottawa were in need of an affordable creative outlet.

Their first Spins and Needles event in February 2005 was hugely popular and since then, the duo have brought the event to cities all over North America and Europe.

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What's online today.
Video Wheels of justice turn in Ontario as bikes seized from theft ring make their way to at-risk children at **metronews.ca/canada**

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TRACEY TONG/METRO OTTAWA

Held yesterday, the Ottawa Mission's Easter dinner wouldn't be possible without its donors and volunteers, said the shelter's executive director Diane Morrison. The dinner required more than 100 volunteers including, from left, Matthieu Farkas, Anne Hersey and Kelly Rigole.

'Generous' Ottawans aid in Easter spread

Donations vital to Mission's biggest meal of year

TRACEY TONG
tracey.tong@metronews.ca

The Alliance to End Homelessness gave Ottawa near-failing grades for its approach to dealing with the homeless last week.

But that doesn't mean that Ottawa residents don't care about the homeless.

The Ottawa Mission held its Easter dinner yesterday, serving 2,485 meals to the city's less fortunate. The meal is the shelter's biggest of the year.

"Usually at Christmas there are all kinds of things going on, and the same thing at Thanksgiving," said executive director Diane Morrison. "This is a special kind of meal for people who just need to be with community today."

Many of the items served yesterday, like the 350 pies, were donated, and the rest of the meal, which included 2,300 pounds of prime rib beef and 3,000 baked potatoes, were purchased with donations.

"Ottawa's good. People do care about the homeless."
Diane Morrison, Ottawa Mission

"People are quite generous in this community," said Morrison.

"It's absolutely vital that we have community donations," she said. "Only 40 per cent of our funding is covered by any kind of government support, so 60 per cent of our operating budget has to come from the community. That's all of our programs and these special meals that have to be supported by our community."

The dinner, which took a full week to prepare, wouldn't be possible without volunteers, said chef Ric Watson.

"It's important to us that we give back," said volunteer and Ottawa Police Service Supt. Mike Flanagan. "It is great that they are able to come to a place like this."

"Everyone does what they can," said regular volunteer Tina Mattila. "I think we can always do more, but I think Ottawa definitely does care. We see it everyday."

"Ottawa's good," said Morrison. "People do care about the homeless. They're somebody's son or brother, or their father, and I often get those letters that say, 'my dad stayed with you,' or 'my brother is there right now.' There has to be an emergency place where people can come when there is just no place for them to go."

News in brief

AUDIBLE SIGNALS Tomorrow, the city's transportation committee will be discussing a motion to install 15 audible signals at intersections with timed pedestrian signals. There are 53 timed pedestrian lights in the city, but only 15 are not fitted with audible signals. Installing the signals would cost $225,000.

CITIZEN GROUPS With the aim of better representing the residents of Ottawa, the city's corporate services committee is considering a policy to run the advertising for notices for employment and volunteers in community publications that target readers in designated groups like women, aboriginal persons, persons with disabilities, members of a visible minority and GLBT groups.

CONSIDERATION The city's corporate services and economic development committee is considering waiving the 2009 and 2010 licensing fee for SuperEx to occupy Lansdowne Park, under the condition that those funds offset the cost of moving to a new site. METRO OTTAWA

Military parental leave window to widen: MP

BENEFITS In July 2004, Jim Duquette and his wife, Anne, welcomed their first child, Jacob. Four days after Jacob's birth, Major Duquette, a signals officer, was deployed to Golan Heights.

Upon returning to Canada a year later, Duquette applied for parental benefits under Employment Insurance, and was stunned to learn he was no longer eligible as his benefits period had expired while he was deployed.

"Adding insult to injury, Major Duquette read the legislation and found that there are special sections that allow convicts to defer their benefits during the time that their prison sentences are being completed," said Nepean–Carleton MP Pierre Poilievre, who met Duquette while door knocking during the last election.

"It's too late to help our family, but it can help so many other military families."
Anne Duquette

Yesterday, Poilievre, who is also parliamentary secretary to the prime minister and to the minister of intergovernmental affairs, announced that the government intends to improve access to Employment Insurance parental benefits for military families.

EI provides income for up to 35 weeks so parents can care for a newborn or a newly adopted child, Poilievre said. Right now, Canadian Forces members are subject to the same eligibility and benefits as other Canadians. The new measure would extend the parental leave window for Forces members whose leaves are interrupted by military requirement by another 52 weeks.

"These changes to EI will give members of the military and their families the chance to build stronger bonds with their children after they've made real sacrifices for our country," Poilievre said.

"The thought that he could take that leave when he got home helped us get through that year," said Anne Duquette, who attended the announcement with her children, Jacob, now five, and Megan, three. "It's amazing how many people this can help," she added. "It's too late to help our family, but it can help so many other military families."

TRACEY TONG/METRO OTTAWA

Nepean–Carleton MP Pierre Poilievre, right, speaks with five-year-old Jacob Duquette, while his mother, centre, and grandmother, look on.

TRACEY TONG/METRO OTTAWA

Olympian **Proud Pacers**

TIM WEEKS/METRO OTTAWA

Ottawa Pacers speedskaters Tove Halvorsen, 11, left, Mats Halvorsen, 9, and their mother, Susan Halvorsen, inspect the bronze and silver medals that club alumnus Kristina Groves, right, won at the Olympics this year. Groves was recognized by Mayor Larry O'Brien yesterday at the Bell Sensplex for her accomplishments.

Union to fight Canada Post privatization

The country's largest public-service union says it will fight a Canada Post decision to privatize parts of its operations. The Crown corporation announced last week it would outsource its contact centres and the National Philatelic Centre, eliminating more than 300 jobs across the country. THE CANADIAN PRESS

Canada

Quebec a distinct nation: Duceppe

Bloc Quebecois Leader Gilles Duceppe says the days are long gone when Canada could offer a deal like the Meech Lake accord to keep Quebec from becoming sovereign. Duceppe says in an interview with The Canadian Press that Quebec wouldn't be satisfied with being recognized as a distinct society now because it's a distinct nation. The Bloc leader will be taking the pulse of Canadians on the idea of sovereignty during a cross-country tour during the next two weeks. THE CANADIAN PRESS

Whitby, Ont. Friend's funeral

NATHAN DENETTE/THE CANADIAN PRESS

Football players stand arm-in-arm as they watch pallbearers carry the casket of football player Mike McDonald, 16, yesterday in Whitby, Ont. McDonald was stabbed to death outside his Oshawa high school during a fight at a bus stop last week. He died in hospital. An 18-year-old fellow student was arrested.

Province looks at use of Tasers with cameras

LAW Tasers with cameras attached to them that produce video evidence when the controversial weapons are used on people is an option Ontario is considering, the provincial government says.

While Community Safety Minister Rick Bartolucci hasn't committed to the move, he said he hasn't ruled it out as part of ongoing discussions about how to best use Tasers.

"We're looking at it," Bartolucci said.

THE CANADIAN PRESS

Cannon hopes to ease Arctic tensions

Canada plans to ask Russia to collaborate on Arctic mapping projects in the hope it will defuse future tensions over ownership of lucrative undiscovered resources in the Far North.

Foreign Affairs Minister Lawrence Cannon said yesterday he will personally make the overture to his Russian counterpart, Sergey Lavrov, on a trip to Moscow in two weeks.

"There is the possibility of doing things with the Russians. So certainly when I meet with Minister Lavrov, I will raise this issue with him to see how we can continue the work being undertaken here," Cannon said yesterday.

Cannon offered that assessment as he arrived in the Far North to get a first-hand look at Canadian Arctic sovereignty efforts. From Resolute, at the northern tip of the Northwest Passage, he will travel another 650 kilometres further north today, to Borden Island Ice Camp, at the tip of the Arctic Ocean.

At Borden, Cannon will inspect the imminent deployment of Canada's first undersea drone — an Autonomous Underwater Vehicle (AUV) that will be used to gather data about the make-up of the seabed with unprecedented efficiency. "This is something that has not been done before," said Jacob Verhoef, science director at Natural Resources Canada, one of several senior government officials who briefed Cannon.

THE CANADIAN PRESS

Disputed

- In recent years, Ottawa has viewed the Kremlin's ambitions in the North with suspicion after a Russian submarine planted a flag on the Arctic seabed and long-range bombers flew close to Canadian airspace.

How much is an Olympic memory worth? Gold medal memorabilia auctioned off

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News in brief

MATERNAL HEALTH COSTS A real commitment to maternal health — Prime Minister Stephen Harper's stated new foreign-aid priority — will cost the world another $12 billion a year, according to women's issues experts.

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Karzai threatens to join Taliban

Afghan President Hamid Karzai threatened over the weekend to quit the political process and join the Taliban if he continued to come under outside pressure to reform, several members of parliament said yesterday. Lawmakers dismissed the latest comment as hyperbole. THE ASSOCIATED PRESS

World

Athletes' wedding plans under fire

Indian police have questioned former Pakistan cricket captain Shoaib Malik ahead of his marriage to Indian tennis star Sania Mirza, left, about another woman claiming to be his wife. The news of the Malik-Mirza wedding plans sparked instant news coverage in the region because neighbouring Pakistan and India are longtime rivals, and have fought three wars since their independence from Britain in 1947.

THE ASSOCIATED PRESS

Militants strike U.S. consulate

Deadly attack in northwestern Pakistan follows lull in violence

Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region.

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the beginning of the year, illustrating the militants' resilience.

The multi-pronged strike against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily fortified compound and kill people inside, but they failed to do that and caused only minor damage.

They detonated their first suicide vehicle at a checkpoint some 20 metres from the entrance to the consulate, said Peshawar police chief Liaquat Ali Khan. The second vehicle, which was carrying a larger amount of explosives, was stopped at another security barrier, he said.

"The driver had no option, but to detonate the vehicle right there," said Khan. The second blast killed two militants wearing suicide vests, said Khan.

THE ASSOCIATED PRESS

War of the Worlds 2? Jordanian newspaper's prank goes wrong

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YAN WAN/XINHUA/THE ASSOCIATED PRESS

A rescued miner is taken out of the flooded Wangjialing coal mine in Xiangning, China, yesterday.

'Miracle' rescue of miners in China

RESCUE More than 100 Chinese miners were pulled out alive yesterday after being trapped for over a week in a flooded coal mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept.

Rescued miners wrapped in blankets, some with their light-sensitive eyes covered but their feet bare, were hurried to waiting ambulances that sped wailing to nearby hospitals. One clapped on his stretcher and reached out his blackened hands to grasp those of rescuers on either side.

Rescuers in tears hugged each other at the scene, which was broadcast live on national television. The sudden surge in rescues was a rare piece of good news for China's mining industry, the deadliest in the world. A rescue spokesman said 115 survivors had been pulled out as of yesterday morning.

"A miracle has finally happened," Liu Dezheng told reporters yesterday, after the first nine miners were taken out shortly after midnight. "We believe that more miracles will happen."

Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence they could be saved but did not say whether there had been any contact with them. THE ASSOCIATED PRESS

News in brief

CALIFORNIA Inspectors red-tagged nearly 80 per cent of the Calexico, California's historic downtown area yesterday, where roofs were caved in, windows smashed and inventory strewn about after a deadly Easter earthquake in Mexico. Two people were killed and at least 100 injured near the epicentre of the magnitude-7.2 quake in Mexicali, just south of the U.S. border. The quake could be devastating for the economy of Imperial County, which already has the highest unemployment rate in the state.

NEW YORK Four people were shot and dozens were arrested yesterday in a stretch of Manhattan near Times Square in mayhem following the city's auto show, police said. A group of teenagers and young adults ran amok, squaring off against one another and harassing pedestrians along a two-kilometre stretch of midtown near the Jacob A. Javits Center, where the New York International Auto Show is held. Police said additional officers were on patrol because similar problems have happened during past auto shows.

THE ASSOCIATED PRESS

Colombia **Painful day**

LUIS BENAVIDES/THE ASSOCIATED PRESS

Maria Gomez, centre, and Maria Jaramillo, mother and sister of Manuel Jaramillo, cry at the entrance of the morgue in San Luis, Colombia, yesterday. Manuel Jaramillo, 15, was among at least 21 people killed on Sunday, when a bus on the Medellin to Bogota highway left the road and fell down a cliff.

Dozens missing after deadly explosion in West Virginia coal mine

WEST VIRGINIA Massey Energy Co. says seven miners are dead and another 19 unaccounted for in an explosion at an underground coal mine in West Virginia. Massey CEO Don Blankenship said in a statement Monday that the company was working to rescue the missing miners. The company did not say whether any miners had been rescued. State mining director Ron Wooten says the blast was reported around 3 p.m. at Massey's Upper Big Branch mine in Raleigh County, about 50 kilometres south of Charleston. Charleston Area Medical Center spokeswoman Elizabeth Pellegrin says one injured miner is in intensive care. The mine has caches of extra oxygen along emergency escape routes and airtight refuge chambers designed to provide enough air to keep miners alive for four days if they can't make their way out, according to Randy Harris, an engineering consultant who oversees installation of high-tech gear.

Five highly trained mine rescue teams from Conso Energy and Massey were on the scene as well as part of the state Office of Miners' Health Safety and Training team, MSHA spokeswoman Amy Louviere said.

THE ASSOCIATED PRESS

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Two officers killed in Russian police station bombing
A suicide bomber blew himself up at a police station in the troubled Russian province of Ingushetia yesterday, killing two officers and wounding two others as an Islamic insurgency continues to spread across the region. The bomber's car exploded later, wounding an investigator. THE ASSOCIATED PRESS

JOHN RAOUX/THE ASSOCIATED PRESS

Female members of the Discovery crew, from left, astronaut Naoko Yamazaki, mission specialist Stephanie Wilson and mission specialist Dorthy Metcalf-Lindenburger.

Final frontier for three trailblazers

Three women are flying aboard space shuttle Discovery.

With another female astronaut awaiting them at the International Space Station, that makes for a record-setting four women in space at the same time.

A brief look at Discovery's three female astronauts:

Japanese astronaut Naoko Yamazaki, 39, is the second woman from her country to fly in space.

This is her first spaceflight. She will be in charge of the moving van that is flying up on Discovery for the space station.

Former high school teacher Dorothy Metcalf-Lindenburger, 34, launched her space-flying career thanks to a girl asking how astronauts go to the bathroom in space. Metcalf-Lindenburger went to the computer to find out and stumbled onto NASA's ad for educator-astronauts.

"If we can do it, so can they."
Astronaut Stephanie Wilson's message to young women

This is her first spaceflight; she will help operate the robot arm and co-ordinate three spacewalks from inside.

Stephanie Wilson is one of only a handful of black women to fly in space.

Wilson, 43, grew up in Pittsfield, Mass., torn between a career in astronomy or engineering. She chose the latter. NASA picked Wilson as an astronaut in 1996. She became the second black woman in space 10 years later.

Her message to young women is: "If we can do it, so can they."

This is her third spaceflight. She will help operate the robot arm.

THE ASSOCIATED PRESS

Fugitive priest still working in India

SCANDAL Top officials at the Vatican were warned more than four years ago about a Catholic priest later charged with sexually assaulting a 14-year-old girl in the United States, according to newly released Vatican correspondence, but to this day he continues to work in his home diocese in India.

Prosecutors in Minnesota said yesterday they are trying to extradite the Rev. Joseph Palanivel Jeyapaul. Jeyapaul denied the abuse allegations and said he has no plans to return to the U.S. to face the courts.

His current bishop, the Most Rev. A. Almaraj of the diocese of Ootacamund in southern India, said Jeyapaul works in his office processing teacher appointments for a dozen church schools and does not work with children.

In a May 2006 letter to the Bishop Victor Balke of the diocese of Crookston, Minnesota, Archbishop Angelo Amato wrote that Jeyapaul's bishop had been instructed to monitor him "so that he does not constitute a risk to minors and does not create scandal."

Jeyapaul is wanted in the U.S. on two counts of criminal sexual conduct stemming from accusations he assaulted a young, female parishioner in the fall of 2004 at the Blessed Sacrament Church in Greenbush, Minnesota, where he was working.

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Boy, 15, admitted to killing white supremacist, mother says

TENSION The mother of a 15-year-old murder suspect said yesterday that her son struck a notorious white supremacist leader with an iron rod after the farmer refused to pay him, a slaying that heightens racial tensions as South Africa prepares to host the World Cup.

"My son admitted that they did the killing," the mother said in an exclusive interview with AP Television News.

She said she spoke to her son at Ventersdorp police station on Saturday after he turned himself in along with his alleged accomplice, a 28-year-old farm worker, following the slaying of Eugene Terreblanche.

Police have refused to identify either of the suspects by name.

Under South African law, a minor accused of any charge cannot be identified without permission from a judge.

The two have been charged with murder and will appear in court today, police said.

THE ASSOCIATED PRESS

News in brief

RELEASE Yemen says it has freed 161 northern rebels as part of its ceasefire agreement ending years fighting against Shiite insurgents. The interior minister said in yesterday's statement that the move follows up on the release of 75 rebels two weeks earlier. The rebels have been fighting Yemen's government sporadically for years, complaining of neglect and sectarian discrimination. The two sides struck a cease-fire agreement in February, under which the rebels agreed to release captured soldiers. THE ASSOCIATED PRESS

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Comment

Harper may say Simon fits GG spot

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Is the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about like William Shatner. The post requires experience in politics and public affairs. Among other positions in her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University, and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec and Harper has become fond of the North since becoming prime minister. Northern development and Arctic sovereignty are among his top priorities. He has also taken a keener interest than expected in the native peoples.

Put it all together and Simon — first revealed as a candidate for governor general by Maclean's last fall — appears an ideal choice. It would give the PM a first in history, it would be a great boost for the pride of the native peoples, and it would put a strong stamp on the Northern identity.

Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor general candidate. Though her French is weak, it is stronger than that of Raymond Hnatyshyn, who served as governor general in the Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

The Paul Martin Liberals seriously considered an aboriginal for the post in 2005 before settling on Michaëlle Jean, who leaves after a high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Leave us the birds and the bees, please

Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell took out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees … please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But their numbers have gone into a tailspin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (Silence Of The Songbirds) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

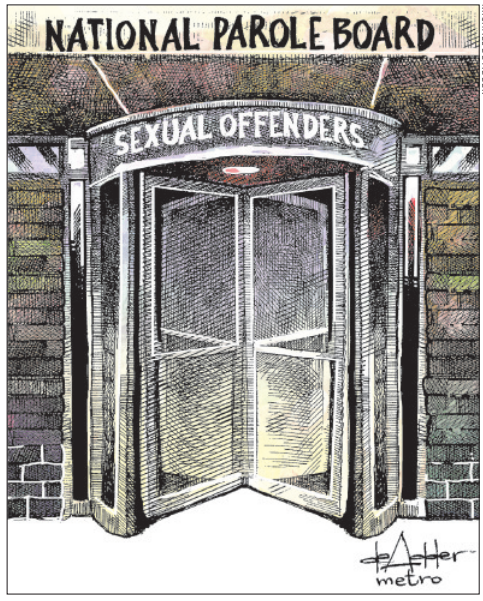
Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by wood-eating insects will get smaller still if there aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees.

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely used pesticides are known bee killers, and it might not be wise to suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.) Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.



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Ontario Teachers pension fund group acquires aluminum container maker
An investor group led by the Ontario Teachers' Pension Plan says it has acquired Exal Group, the largest specialty manufacturer of aluminum containers in the world. Terms of the transaction, announced yesterday, were not disclosed. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Prepare for Loonie's new norm: Analysts

The high-flying loonie renewed its flight towards parity with the American buck yesterday, forcing firms and individuals to adjust to what many believe will become a new normal in the relative value of the two currencies.

Boosted by cycle-high prices for oil and commodities, the loonie soared to within a whisker of parity yesterday, reaching as high as 99.87 cents US before closing at 99.72.

The currency has been flirting with par for more than a month, and economists believe it is now only a matter of time before the psychologically important barrier is breached.

"We're one good number away from seeing the Canadian dollar through parity," said CIBC chief economist Avery Shenfeld.

> **"We're one good number away from seeing the Canadian dollar through parity."**
> Avery Shenfeld, CIBC chief economist

If it doesn't happen earlier, the trigger may be Friday's employment report for March, particularly if Statistics Canada announces a higher gain than the 25,000 consensus call.

Scotiabank economists sent a note to clients yesterday predicting the dollar will appreciate "well north of parity over the spring and summer months."

RBC currency analyst Matthew Strauss also believes the loonie could stay above parity for several months, although his view is that it will dip slightly below the greenback later in the year when the U.S. starts hiking interest rates.

Regardless of which side of the line the currency trades at any given time, Strauss said Canadians should get used to a strong loonie — within five cents of parity either way — perhaps for years.

THE CANADIAN PRESS

London **Giving Labour the boot?**

JEWEL SAMAD/THE ASSOCIATED PRESS

British Shadow Chancellor George Osborne unveils the Conservative Party's new campaign poster in London, yesterday ahead of the upcoming election. The poster highlights the Conservative's claim that Labour finance plans will crush new businesses through taxation. The Labour party will stamp on the green shoots of recovery if they remain in power, Osborne said.

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Apple sells more than 300,000 iPads on debut day

TECH Apple Inc. said yesterday that it sold more than 300,000 iPads on its opening day, meeting the expectations of some analysts while underscoring the challenges the company still faces marketing the much-anticipated device beyond early adopters.

The figures, which included pre-orders that were picked up or delivered Saturday, were hardly exceptional despite weeks of hype about the revolutionary nature of a new class of device that falls somewhere between the phone and computer.

Saturday's iPad launch was in the United States only. The device is expected to go on sale in Canada later this month.

THE ASSOCIATED PRESS

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General Motors to install brake safety measure by 2010

AUTO General Motors will install a new brake safety measure that can prevent unintended acceleration on all its new vehicles worldwide by 2012, the company said yesterday.

The announcement comes as U.S. regulators consider making the technology mandatory on new cars and trucks after Toyota's problems with vehicles that can speed out of control.

THE ASSOCIATED PRESS

In brief

BIOMASS A Cape Breton paper mill and Nova Scotia Power Inc. have announced plans to develop a biomass co-generation facility. Nova Scotia Power, a wholly owned subsidiary of Emera Inc., will spend $200 million on the 60-megawatt project. That figure includes $93 million in construction costs for new facilities and $80 million to buy assets from NewPage Port Hawkesbury Corp., which operates its mill in nearby Point Tupper. NewPage will be responsible for the construction and operation of the facility and the fuel supply.

THE CANADIAN PRESS

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

How to prepare for higher rates

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

It's official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent. Variable rate holders are quaking. Do you lock in, hold your breath and pray, downsize to delightful Musquodoboit Harbour?

Panic not. June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to 2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you didn't crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

Interest rates could certainly rise by a couple of percentage points in the future if the Consumer Price Index (CPI) keeps increasing. But if your term has a couple of years or more remaining then you will still be saving on interest costs with a variable rate. Of course, you do risk renewing your mortgage at a higher rate than if you had locked in now.

Fixed or variable the best way to protect yourself is to pay down your mortgage while you have the most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly and (this is huge) do her own manicures. The $185 a month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Dividends more tax friendly

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I am single and will have no income this year. However, I receive dividends from my investments. How much dividend can I receive and at what rate will I be taxed? Are all dividends treated and reported the same for tax purposes? — Drew

A Dividends are more tax friendly than interest income and most other forms of income.

There are several types of dividends but most individuals are commonly exposed to foreign, eligible and ineligible dividends.

Foreign dividends received from U.S. corporations are taxed similar to interest income.

Since 2005, publicly traded shares such as Bell, RBC, Suncor pay out eligible dividends and many private corporations pay out ineligible dividends. The type of dividend is determined based on whether the company benefited from the small business deduction or its general rate income pool (GRIP).

Individuals who receive eligible dividends are taxed on a grossed-up 145 per cent and will receive a 19 per cent tax credit (of the grossed-up dividend). An individual with no other income can receive approximately $50,000 before paying any income taxes. Taxpayers in receipt of an ineligible dividend are taxed on the grossed-up 125 per cent and get a 13⅓ per cent tax credit (of grossed-up amount). Individuals can receive about $37,000 in dividend before paying taxes.

Q Is a non-resident landlord obligated to pay taxes? — Mario

A The non-resident landlord is obligated to remit 25 per cent of gross rental income collected. Under section 216 of the act, this amount may be reduced.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca

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Jays lose opener to Rangers

Toronto's Shaun Marcum took a no-hit bid into the seventh inning before the Texas Rangers rallied for a 5-4 season-opening win over the Blue Jays on Jarrod Saltalamacchia's RBI single in the bottom of the ninth yesterday. Texas scored twice in the ninth off Blue Jays closer Jason Frasor. THE ASSOCIATED PRESS

Sports

Pippen, Malone headed to Hall

Karl Malone, Scottie Pippen, left, and two of the best U.S. Olympic teams were selected yesterday as part of the Naismith Memorial Basketball Hall of Fame's Class of 2010. The 1960 and 1992 U.S. Olympic teams, which both won Olympic gold medals, will be part of the induction ceremony on Aug. 13.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

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YESTERDAY'S RESULTS

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Minnesota at Edmonton

NCAA

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Butler vs. Duke

MLB

YESTERDAY'S AL RESULTS

Texas 5 Toronto 4
Chicago White Sox 6 Cleveland 0
Detroit 8 Kansas City 4
Minnesota at L.A. Angels
Seattle at Oakland

YESTERDAY'S NL RESULTS

Philadelphia 11 Washington 1
N.Y. Mets 7 Florida 1
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Pittsburgh 11 L.A. Dodgers 5
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Atlanta 16 Chicago Cubs 5
Arizona 6 San Diego 3
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Sports in brief

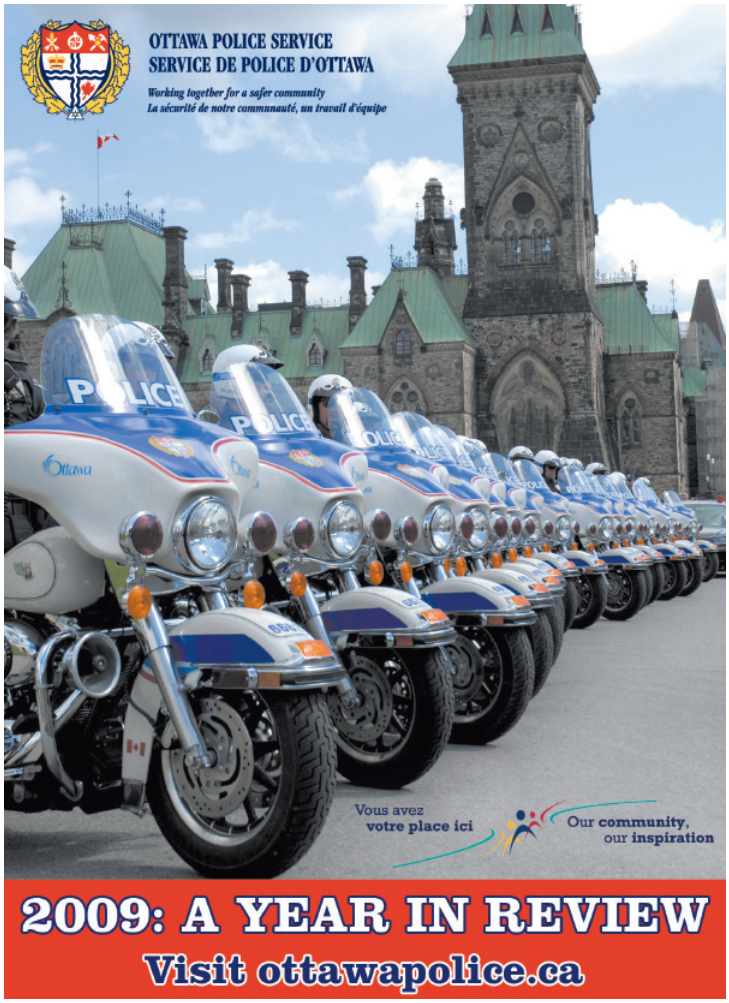
BASEBALL Red Sox ace Josh Beckett agreed to a $68-million US, four-year contract extension through 2014, solidifying one of baseball's best rotations. Beckett gets a $5 million signing bonus, payable when the contract is approved by the commissioner's office, and annual salaries of $15.75 million.

SOCCER Newcastle clinched a return to the Premier League when Nottingham Forest was held to a 0-0 tie at home by Cardiff on Monday, guaranteeing the Magpies a top two finish in the second-tier League Championship.

NHL Canada's Kevin Koe is continuing his hot start at the Capital One World Men's Curling championship. The Edmonton skip defeated host Italy 7-5 and Sweden 8-4 to improve to 5-0 in the standings. Canada and Scotland, which is also 5-0, will square off in the morning draw today. Newcastle (26-4-11) has 89 points following a 2-1 victory over Sheffield United, six more then West Bromwich Albion (24-7-11), which tied 1-1 at Watford.

SOCCER Toronto FC has parted ways with out-of-favour forward Ali Gerba, reaching an agreement to terminate his contract. New coach Preki sent Gerba home during a pre-season tournament in South Carolina last month, saying he was underperforming. Gerba, 28, was signed by Toronto last June. The Canadian started five of 11 games for the MLS club, scoring one goal.

BASKETBALL Toronto Raptors forward Chris Bosh was named the NBA's Eastern Conference player of the week for the seventh time in his career yesterday, tying Vince Carter for the most in team history. Bosh averaged 31.5 points, 11.5 rebounds, shot .594 (41-for-69) from the field and .846 (44-for-52) from the free-throw line in leading the Raptors to a 3-1 mark. METRO NEWS SERVICES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'I need to be a better man than I was': Tiger

Golfer faces media, discusses 'bad' decisions

Tiger Woods, acknowledging he has "acted terribly," says he has to become a better man in the future.

DAVID J. PHILLIP-POOL/GETTY IMAGES

Craig Heatley, chairman of the Masters media committee, sits alongside Tiger Woods as he addresses reporters yesterday.

In his first unrestricted meeting with the media, the star golfer said his fall from grace, like the death of his father and the birth of his children, had shown him what really matters.

"It's not about the championships, it's about how you live your life," he told a news conference at the Masters. "And I hadn't done that the right way for a while. I need to change that. Going forward, I need to be a better man than I was before.

"Just because I've gone through treatment doesn't mean it stops."

Woods said his double life had taken a toll on his golf, despite his many successes.

"I won numerous tournaments over the last couple of years but I wasn't having anywhere near the amount of fun. Why? Because look what I was engaged in. Living a life where you're lying all the time, life's not fun. That's where I was. Now that's been stripped all away and here I am and it feels fun again."

Woods also revealed he had five stitches in his mouth after the infamous Thanksgiving night car crash that exposed details of his sordid private life.

"I acted terribly, poorly, made just incredibly bad decisions, decisions that have hurt so many people close to me," he said.

Asked how he kept his other life a secret, he said: "I fooled myself as well. I lied to a lot of people, deceived a lot of people."

THE ASSOCIATED PRESS

Alfredsson to hit 1,000-game mark tonight

NHL When Senators general manager Bryan Murray looks at Daniel Alfredsson, he's reminded of another player who became known as the face of a franchise — former Detroit Red Wings captain Steve Yzerman.

"It's been a long time coming and it's kind of been creeping up more and more on me."
Daniel Alfredsson

"That's an awfully good comparison," Murray said. "There's no question that the two of them are two of the top guys that I've been associated with.

"I've had the chance to coach them both and every night, you know what you were going to get effort-wise and attitude-wise and leadership-wise. If you wrap the two of them together — pretty impressive people."

When Alfredsson steps on the ice tonight at the BankAtlantic Center in Sunrise, Fla., to face the Panthers, the 37-year-old Swede will become the first player in the Senators' modern history to play 1,000 games and the 251st in NHL history.

More impressive, however, is that he'll be just the 44th in league history to do it with one team.

"It's been a long time coming and it's kind of been creeping up more and more on me," said Alfredsson, who will be honoured for the feat Saturday when the Senators play their final regular-season game at Scotiabank Place against the Buffalo Sabres. "It will probably be more emotional than I care to admit."

It was against the Sabres, on Oct. 7, 1995, that Alfredsson began his NHL career as a 22-year-old. Since then, he has become beloved in Ottawa as the Senators have been through their ups and downs from fledgling franchise to respectability.

It's a similar path to the one followed by Yzerman, who played 22 seasons with the Red Wings, including 20 as captain.

"I don't think I can put it into perspective myself," Alfredsson said. "Sometimes you take things for granted and I know I've been very fortunate to be part of one team throughout my career and it's been a lot of fun playing for the team and a lot of fun living in this city.

"It's something that I'll look back at when I retire as a great part of my life.

"I definitely feel appreciated here. There's no question. You think about that pretty much before every home game you play and what they expect from you and you try to deliver."

THE CANADIAN PRESS

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Fish & chips turns 150

This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. THE ASSOCIATED PRESS

Food

Tried and true recipes

Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of For The Love of Salad (Whitecap, paperback, $19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Season sippers

Winter has its advantages. When the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion shipshape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** ($16.95 - $17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butterscotch undertones.

Spring into brunch classics

Welcome the season with a fresh open faced omelette and tomato salad

Spring has sprung! And, for once, it's even come a little early.

Celebrate the warming weather and budding blossoms with a spring brunch full of bright, fresh flavours. Invite a few friends over, pour the mimosas (champagne mixed with freshly squeezed orange juice and a splash of curaçao), sit back and enjoy. Heck, you may even be able to throw open the windows.

An omelette is a brunch classic, and nothing says spring more than fresh eggs. This Open-Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese has a wonderful variety of flavours, including the mild creaminess of the Fontina, and the earthiness of the Swiss chard. Swiss chard tends to be underappreciated, but it's full of vitamins and a great source of dietary fibre.

A simple Fresh Tomato Salad is a beautiful pairing for the omelette, and is ready in a flash.

- CHRISTY PENGILLY

CARLO MENDOZA

Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese.

Open Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese

SERVES 4
PREP TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 6 eggs
- 2 Tbsp milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly grated black pepper
- 1 Tbsp olive oil
- 8 ounces turkey sausage, casings removed
- 2 green onions, thinly sliced (about ¼ cup)
- 1 bunch Swiss chard, cut crosswise into 1-inch chiffonade (about 4 cups)
- 1/2 cup fontina cheese, grated
- 4–5 basil leaves, torn

METHOD:

1. Preheat broiler to high.

2. In a medium bowl, lightly whisk eggs, milk, salt and pepper and set aside.

3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.

4. Return skillet to heat; add Swiss chard and cook, stirring until beginning to wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.

5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is set, about 3-4 minutes. Cut into wedges and serve immediately.

Fresh Tomato Salad

SERVES 4
PREP TIME: 15 MINUTES
SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

INGREDIENTS:

- 5 Roma or on-the-vine tomatoes
- 1 small red onion, minced
- 1 clove garlic, pressed
- 4 Tbsp lemon juice (or red wine vinegar)
- 1/4 cup olive oil
- 1/4 cup fresh Parmesan
- Pinch dried oregano
- Pinch fresh parsley or chives, minced
- salt and pepper to taste

METHOD:

1. Wash and cut tomatoes into bite-sized pieces.
2. Combine red onion, garlic, lemon juice and olive oil. Mix to combine. Add spices and salt and pepper to taste.
3. Toss tomatoes in dressing. Grate Parmesan onto tomatoes before serving.

Visit 20minutesupperclub.com/metro to find these and many more delicious ways to welcome spring.

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20MinuteSupperClub.com

SPECIAL FOCUS ON:
Fitness

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Training like a Titan

Get a warrior workout inspired by hit action movie

Extreme Fitness, a fitness club chain in Toronto, and Warner Bros Canada want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer George Kiriakiou has come up with a sequence kick-butt moves to do just that.

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakiou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."

Here are some workout tips if you want to look like Sam Worthington from Clash of the Titans.

THE TITAN PUSH-UP

Step 1: Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, getting ready to do the push-up.

Step 2: Slightly bend your arms, causing you to bring your upper body down and forward. You want to remain having a flat back as you skim your torso across the floor.

Step 3: Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward.

Step 3 of the Titan Lunge.

THE TITAN SQUAT

Step 1: Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

Step 2: From the basic squat position, jump up as high as you can while making a 180 degrees switch of position in the air.

Step 3: After completing a 180 degree jump, you want to land in the same squat position as in step 1.

THE TITAN LUNG

Step 1: Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

Step 2: From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

Step 3: Finish your Titan Lunge in a basic lunge position.

Step 1 of the Titan Sprawl.

THE TITAN SPRAWL

Step 1: Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

Step 2: From the position in step one, use your arms to help elevate you as you jump from your knees to your feet.

Step 3: Land your jump from your knees onto your feet. You want to land in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

Step 4: Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as you feet from step 3 are on the ground.

Step 5: As you land your jump, bend over and place your hands on the ground shoulder width apart.

Step 6: Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.

Staying in good shape will make your sex life better

Okay so that New Year's Resolution to start exercising and get in shape never amounted to anything. Maybe you just need some added incentive. How about this? Regular cardiovascular exercise will improve your sex life.

In a study at the University of California, San Diego, 78 sedentary middle-aged men (their average age was 48) did aerobics every other day for an hour. After nine months they made love 30 per cent more often and masturbated 50 per cent more often.

That's because exercise not only relieves stress, relaxes you, increases your energy and stamina, and improves self-esteem and self-confidence (all very sex-positive), working yourself into a big, smelly sweat actually also makes you randy. Cardiovascular exercise elevates endorphins in your bloodstream and increases adrenaline and testosterone (in women too) — all the things your brain needs to make you want to say, "Do me!"

There are other sex-specific benefits from exercise.

For women, regular exercise keeps your genitals nice and fit. Like other muscles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems.

And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping … everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the deed.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body.

Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it an increased rate for 20 minutes, two or three times a week.

So if you can't afford a gym membership…

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

How to become a superchick

Fitness website shows ways to stay fit while doing your chores around the house

ROMINA MCGUINNESS
Metro World News

Women are no longer going online simply to check up on their latest eBay bargains. Iamsuperchick.com, an online female fitness program developed by Georgie Thompson, from UK's Sky Sports, and personal trainer Cat Dugdale is giving women the opportunity to follow a fitness regime, while simultaneously cleaning their house or changing a nappy.

Metro spoke to Thompson about credit crunch fitness, cocktails and the ultimate hangover cure.

Most women would rather sit on the couch cradling a glass of wine in one hand and peanuts in the other than train.

ROB MATTHEWS/METRO WORLD NEWS

UK TV presenter Georgie Thompson, left, and personal trainer Cat Dugdale have developed a new online female fitness program, iamsuperchick.com.

"Women won't stick to an unrealistic training programme, no matter how committed they are," Thompson said.

"We offer an alternative; online programmes and home videos they can fit into their hectic lifestyles. The reason Cat and I created iamsuperchick.com was to help women who enjoy fitness but are too intimidated by it. From the Yummy Mummy workout to the Fight Club, the website covers for all.

"If we're going to put ourselves out there as a female fitness brand which responds to the demands of women, it must be reflected in the service," explains Thompson.

Whether you use a can of spaghetti hoops as weights (great for your bingo wings) or go into lunges while hoovering, it's all about shedding pounds away from prying eyes.

"Using what you have lying around the house and turning your front room into a gym is part of our credit crunch appeal," Thompson said.

"Fitness should be more light-hearted, not about fancy equipment or spending a fortune on personal trainers."

Some women fall in the trap of slacking, or even cheating.

"Unless you've got a personal trainer tracking your progress, no one can guarantee your accountability other than yourself."

As it turns out, most superchicks really do want to be accountable.

"We make exercise fun. We have an alcohol calculator, interactive training diary and fitness assessment charts as well as Motivation Monday, where we send members an electronic cupcake. When you operate an online business it's important to connect in a more personal way and Motivation Monday is one way we do that."

website

- For more information visit iamsuperchick.com.

Hoopilates a great low-stress workout

ROMINA MCGUINNESS
Metro World News

Release your inner child as you get back to playground basics. From the glamourous Michelle Obama to your average sticky fingered five year old, everyone loves a bit of a swirl. Combine the cardio of hula hooping with the pull of Pilates for an all round body workout.

Hoopilates tones and sculpts the entire body, from your abdominals, to your hips to our thighs.

"Although hula hooping is very much about connecting with your inner child, this is an adult workout," explains Saharah Ali, Hoopilates trainer at Crunch Gym New York.

"The entire body is engaged throughout the class, from your muscles to your mind. The class begins with ten minutes of intense hula hoping in order to get the heart rate going, burn fat and increase the cardio vascular system.

"You hula to the right then to the left incorporating arm moves and leg lifts as you go along. This will make you leaner and stronger from head to toe. Good bye doughnut rolls and muffin tops, Hoopilates will leave you trimmed and sculpted."

The main challenge of the workout is keeping the hula hoop up and retaining your body balance. Concentration is key as you need to focus on your hand and eye coordination.

The workout helps revitalize the nervous system , helping to keep your mind alert, and reversing the aging process.

"Hoopilates creates the same mental stimulation as doing a crossword puzzle, the brain is working alongside the body throughout — it's a 360 degrees class," says Ali.

Ali will alternate the intense hula hoping bursts with mat pilates every ten minutes of a one-hour class.

"We'll do scissor kicks, hundreds, the saw, leg bounces and sometimes use smaller hula hoops for balance work. We end the class by picking up the hula hoops one last time and go as fast as our hips will rotate."

One average people will burn between 300 to 500 calories in one session. It's great for those people who want a non-aggressive workout (no strain is applied on joints or the back) and those with balance problems.

Hoopilates is ideal for those who have an issue with hard core cardio such as running or aerobics. Hoopilates is also a personality based, you need to lose all inhibitions before you start swaying and sweating to the music.

Saharah Ali's favorite music tune to get the hoop rolling? Vogue, by eighties pop icon, Madonna.

"I get the class to strike a Madonna pose while they hula hoop, it keeps the fun feeling going."

WIN MCNAMEE/GETTY IMAGES

Even Michelle Obama enjoys doing a little hula hooping. Trainer Saharah Ali says hula hooping is an entire body workout.

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ADVERTISING FEATURE

ARE HEADACHES CONTROLLING YOUR LIFE?

Living with headaches is tough.

Day after day of being miserable, irritable, and looking a lot older than you really are and the frustration of knowing that your friends and family don't understand what you're going through.

Add this to doctors' visits, MRI's and CT scans -- which only come back with "normal" results.

And that's not all… trying one medication after another, feeling like you're on a merry-go-round of drugs.

All this is enough to make anyone want to scream!

IF YOU DO NOTHING ELSE, READ THIS:

1) Approximately 2.2 million women are affected by migraines in Canada.

2) Medical science has discovered that most headaches are caused by damaged structures around the neck like joints, ligaments, muscles, and cervical discs, all of which have complex nerve endings.

3) Research has proven certain natural treatments have great success with headaches – even better than massage and medications – and with no side effects.

Why not get rid of those debilitating headaches today? Read the full facts on this page!

We are the Ottawa Wellness Doctors, and we've been helping patients with neck tension, headaches and migraines live pain free for years now.

Every week we hear how women suffer from severe headaches – statements like…

- "I feel like my head is in a vice."
- "My eyes hurt and I feel so drowsy."
- "I have to lie down."
- "I've had migraines since childhood."
- "Muscle tension in the neck and pain into the shoulders."

They tell me they're sick and tired of jumping from one headache medication to the next. Here's what I hear…

"I am tired of being looked upon as someone who is only out there to get medicine. I only want RELIEF. I don't know why that is so hard for people to understand. I don't want to be treated badly anymore. I want to get help, and I want to get rid of the headaches."

Imagine being able to live life like a normal person again, pain free and without headaches -- being able to play with your kids, enjoy time with friends, and not have to worry that your headache will hit you at just the wrong time.

IF YOU'RE FEMALE, OVER 25 AND SUFFER WITH MIGRAINES – THESE ARE THE FACTS YOU MUST KNOW

We are running a special offer for those suffering with headaches. $35 will get you all the services we normally charge new patients upwards of $245 for!

Why would we practically give away our services? Because patients tell us too often…

"I ONLY WISHED I HAD FOUND YOU SOONER"

This happens so often, we decided to do something about it and run this ad. Call today and here's what you'll get…

- An in-depth consultation about your headaches where we will listen…really listen…to the details of your unique situation.

- A complete neuromuscular and skeletal examination of the head and neck so we can find the cause of your problem.

- A full set of specialized x-rays (if necessary) to determine if posture or joint problems are contributing to your pain.

- A thorough analysis of your exam and x-rays where we'll map out how you can get rid of your headaches once and for all.

- A special report complimenting your recommendations that reveals the foods you should never, ever eat when suffering from chronic headaches.

Could This Drugless Treatment Be Your Headache Solution Too?

Numerous studies have shown the benefits of spinal adjustments with headache patients.

The Boline Study

This study compared two groups of headache patients, half went for chiropractic adjustments, and the other half took amitriptyline, a medication often prescribed for the treatment of severe tension headache pain. After six weeks researchers found that chiropractic patients experienced almost no side effects. And only the chiropractic patients continued to report fewer headaches when treatment ended.

The Duke Study

Medical experts concluded that spinal adjustments resulted in almost immediate improvement for headaches. Patients also had no side effects and longer-lasting relief of headaches than a commonly prescribed medication.

Don't take our word for it.
Just listen to some of our patients stories:

"I suffered from headaches since the age of 12. I used to take three pain-pills every 4hours. I no longer have headaches since I started my chiropractic care." ~ Nathalie Ottawa

"I have had daily headaches for 3 years now. After just a few adjustments, I haven't had one! It feels inceredible!" ~ J.P. Kanata

DISCOVER THE DRUG-FREE, PAIN-FREE AND NATURAL TREATMENT FOR GETTING RID OF HEADACHES

Recurring Headaches Are Not Normal

No question… if you are having headaches then something is wrong. Pain is your body's way of telling you something is wrong. Finding the problem and fixing it has got to be top priority! Call today…

Kanata - Dr. Hazel 613-591-9151

Barrhaven - Dr. Mankal 613-823-7900

Carling – Drs. Reid and Cloutier 613-761-1600

Orleans - Dr. Beauchamp 613-837-2883

Call anytime between the hours of 9:00 am and 6:00 pm Monday through Friday. Tell the receptionist you'd like to come in for the Special Headache Evaluation.

Look, you have very little to risk and a lot to gain. Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our offices are conveniently located in every corner of this great city.

Sincerely,
The Ottawa Wellness Doctors

ottawa wellness doctors
own your health

P.S. Why Suffer With Years Of Misery?
How many years can your body handle taking one pill after another? That's no way to live, not when there could be an easy solution to your problem. Many of the pain medications available are quite addicting and can have drastic side effects.

CALL TODAY. WE MAY BE ABLE TO HELP YOU LIVE A NORMAL, PAIN-FREE LIFE AGAIN.

Water can do wonders for you

From skin care to weight loss H2O is essential for good health

ROMINA MCGUINNESS
Metro World News

People should drunk two litres of water a day to replace natural fluid loss.

What water does to your body and skin

The human body is made up of between 55 per cent and 75 per cent water and constantly needs to be replenished if the body is to function at its best. On average, people should aim to drink two liters daily in order to replace natural fluid loss (through sweating, breathing etc…).

• Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed form the body more rapidly.

• Dehydration (a consequence of not drinking enough water) means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.

• Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.

• Be careful when choosing liquids — tea and coffee are both powerful diuretics, excessive consumption will cause you to lose a lot of water.

• Water is calorie free, so you can drink as much as you like.

• In order to get perfect skin you must not only be hydrating externally, but internally. Drinking lots of water, or alternatively, eating fruit or vegetables with a high water content is one of the best things you can do for your skin. Water will make your skin look more plump and radiant thanks to the added moisture.

Water super foods

• Grapes 83 per cent, tomatoes 97 per cent, aubergine 92 per cent, strawberries 91 per cent, watermelon 93 per cent.
(Approximate water content)

Problem Solved

You ask, our beauty expert answers

What is the best way to apply mascara to get full lashes without smudges on the eyelid?"
– Toby Miller

• The first step is to wiggle the wand left to right at the base of the lashes. It's the mascara placed near the roots, not the tips, that gives the illusion of length," says celebrity makeup artist Talia Shobrook. "Next, pull the wand up and through the lashes, wiggling as you go. The wiggling part is key because it separates the lashes. Then close the eye and place the mascara wand on top of the lashes at the base and pull through to remove any clumps. Last, use a lash comb to get rid of any excess clumps."

• Email your beauty questions to us at style@metro.lu and we'll have a style expert answer them.

Maybelline New York Lash Stiletto, $9, maybelline.com

In brief

IPAD The Apple iPad can help you get fit, at least that is what the people at Men's Health are hoping. Men's Health announced that a digital edition of the publication designed exclusively for the Apple iPad will be available for purchase for those lucky enough to get their hands on one. The April issue of the magazine will be available for download in the Apple iTunes store for $4.99.

METRO NEWS SERVICES

ADVERTISING FEATURE

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YOUR WISDOM TEETH: ARE THEY KEEPERS?

As anyone who visits their dentist on a regular basis is likely aware, **one of the number one goals we have is to ensure you keep your natural teeth for as long as possible…all of them!** There can be one exception. Wisdom teeth.

Wisdom teeth are the third and last set of molars that will develop for most of us. They usually come in during the teenage years. However, it is quite common for them to first erupt in people as late as the mid-twenties.

When wisdom teeth erupt fully and are properly aligned, there is no reason to remove them. Unfortunately, many people find their wisdom teeth are not so well aligned or that they fail to fully erupt from the gum line.

Poorly aligned wisdom teeth can cause many problems. First and foremost, they can result in **crowding.** This can affect the bite and may result in uneven wear and tear on teeth throughout the mouth. Some people will experience strain in the muscles around the mouth which, in turn, may result in frequent headaches or general pain in the jaw joint.

Even chewing with misaligned teeth can prove difficult, sometimes painful, and this can have an impact on nutrition. Nutritious foods, such as raw fruits and vegetables, that are hard to chew may be passed over for less healthy, but easier to chew, alternatives.

Dr. David Lui
Dental Surgeon

Crowding also makes all teeth harder to clean. It makes it more difficult to get at trapped food particles with conventional brushing and flossing. Consequently, plaque may accumulate on both the wisdom teeth and the adjacent teeth that are affected by the crowding. With increased plaque build-up, **the risk of decay is increased.**

Crowding may still be a problem even if your wisdom teeth have not erupted. They may be under the surface of the gum line, still putting pressure on the adjacent teeth.

Moreover, **partially erupted wisdom teeth provide an opening that makes it easier for bacteria to make its way to the bloodstream.** This can lead to serious health complications, including infections or even heart disease.

Your best bet is to have your dentist monitor the development of your wisdom teeth. By using x-rays, your dentist can usually determine if your wisdom teeth are likely to make a proper and beneficial appearance or if problems are likely to be just around the corner. **If you are the parent of a university student** who will soon be returning home after another school year, now may be the perfect time to **schedule an appointment** to check out how those wisdom teeth are doing.

Talk to your dentist if you are concerned about your wisdom teeth. S/he will recommend keeping them if it is possible. However, if keeping them is not in the best interests of **your oral health,** it is usually easier to remove them sooner than later…because ensuring the proper development of ALL of your teeth is a healthy habit…and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

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Brangelina in Bosnia
Angelina Jolie and Brad Pitt visited Bosnia yesterday, intending to spotlight the plight of 117,000 people who have not able to return to their homes, even though the Bosnia war ended 15 years ago. THE ASSOCIATED PRESS

Entertainment

The first brick
Madonna will lay the first brick of her Raising Malawi Academy for Girls today, signalling the official start of construction of the $15 million academy, set to open in 2011. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Rufus Wainwright plays on

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Rufus Wainwright has always been an emotional artist — he's written about his addictions to drugs, talked openly about his sexual history and he hasn't shied away from singing about his famous family. But his latest record may be his most introspective yet. The album, All Days Are Nights: Songs for Lulu, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer.

She died in January, with Wainwright, his songwriting sister Martha and his folk singing father, and McGarrigle's ex, Loudon Wainwright III by her side.

When I spoke to the Montreal-raised artist about two months after his mother's death, he sounded exhausted. But, as usual, he didn't shy away from talking about his personal life.

"There have been times where I've just been going through the motions," he says on the phone from a beach house in Montauk, N.Y., recalling some concerts he's played recently. "But I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings. I was completely flabbergasted and beside myself. There's a musical language that corresponds to her spirit for sure."

Whether it's real or imagined on my part, that spirit seems to be all over his new disc.

The record is a stunning collection of haunting piano and vocal-only songs that deal with illness, loneliness and also hope. Not every song is explicitly about his family, but tracks such as Martha, tackle his mother's cancer — and his relationship with his sister — head on.

"One of the great natural mysteries of the musical world is my family," he says half-joking, explaining why he writes about his relatives. "The fact is we are all successful, but not we're the Jacksons thank God. We've all managed to carve out our own singular sounds that are in one way distant, but also complementary to each other. It's a real anomaly."

The songwriting on this record gives those heartfelt lyrics an even softer edge. The spare instrumentation (though the piano is incredibly complex) is a far cry from the artist's usual over-the-top musical-like pop. It was as if he wanted to bring his songwriting back to basics so he could show off just what he learned from his mother and father over the years.

Rufus Wainwright's new album, All Days Are Nights: Songs for Lulu, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer. She died in January.

McGarrigle did get to hear some of the album — if not on record, at least while he was writing. Because the piano arrangements were some of the most involved pieces he's ever composed, he had to practice — a lot.

"My poor mother was ill upstairs, and I was really hammering out this album it wasn't a delightful listening experience," he says. "I'd go upstairs and she'd be like, 'I'm not sure about this record, it sounds good to see live, but it's a bitch to listen too."

"I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings."
Rufus Wainwright

Wainwright knows he still has many months ahead of him before the grief begins to subside, but that won't keep him from playing. If anything, his mother's death will keep him going. "When she died there was this almost instantiations and incredible reaction from the world press about her," he says. "It wasn't just about her being our mother, or being part of the McGarrigle sisters, but even about her own quirky view on things. There was a strong sense of a major accomplishment and legacy that I have to propagate."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Beckham fashion headed to Russia

Victoria Beckham is expanding her fashion empire into Russia. She has secured a distribution deal with one of the country's top department stores. Her lines of denim jeans and sunglasses will be sold at Tsum. FEMALEFIRST.CO.UK

Music speaks Volume

Deschanel's warm personality shines through on She & Him's latest

CAM LINDSAY
for Metro Canada

A lot of talk about She & Him — Zooey Deschanel's band with M. Ward — has been focused on how it is actually possible for an actor to have a lovely set of pipes and the ability to write a great album.

Many consider Deschanel to be the exception that proves the "actors suck as musicians" rule, but her talent shouldn't have been such a surprise considering her colourful background in music. To her, She & Him is no vanity project: "I am constantly writing songs," she says. "It's my favourite thing to do."

She & Him's debut, Volume One, felt like a revelation when it was released by Merge Records in 2008. Since then, Deschanel has found her acting career soaring higher than ever thanks to last year's breakout hit 500 Days of Summer and this fall's forthcoming fantasy/comedy Your Highness.

She & Him have released their second album titled Volume Two.

Zooey's schedule definitely forces her to balance two careers, but the way she sees it, her hectic life helped shape the second She & Him album, Volume Two.

"I had less time to write the second record," she explains, "but I think that gave the songs an immediacy that the first record didn't have because those songs had been written over a number of years."

Volume Two follows in One's footsteps. Deschanel's warm melodies and sweetheart persona shine throughout Ward's sweeping arrangements. Together they overflow like a timeless pot of 24-karat AM Gold.

Deschanel says making this second album wasn't much different from how they made its predecessor. "There was no conscious effort to do anything but make a sincere record that we are proud of," Zooey says.

"I think we just wanted to make something that came organically out of the experience in the studio."

Ward, an established singer-songwriter of his own, is renowned for his rustic approach to recording. As She & Him, the pair works as kindred spirits bonded by a love for old school charm.

"I like the warmth of old records, the sound of analog equipment, the songwriting," Zooey says. "A lot of music today sounds sort of like robots, which is fine, but I prefer humans."

As for how long they'll continue to make music like humans, She is leaving it up to Him. "As long as Matt wants to work with me I would like to work with him," she says.

DVD picks

Bad Lieutenant: Port of Call New Orleans

Directors: Werner Herzog

NICOLAS CAGE TAKES the junkie lawman character from Abel Ferrara's 1992 original Bad Lieutenant to a whole new level of weirdness, aided by director Werner Herzog's relocating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes him more scaly than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

The slim extras include a making-of featurette and a digital photobook of on-set photos, shot by Herzog's wife Lena.

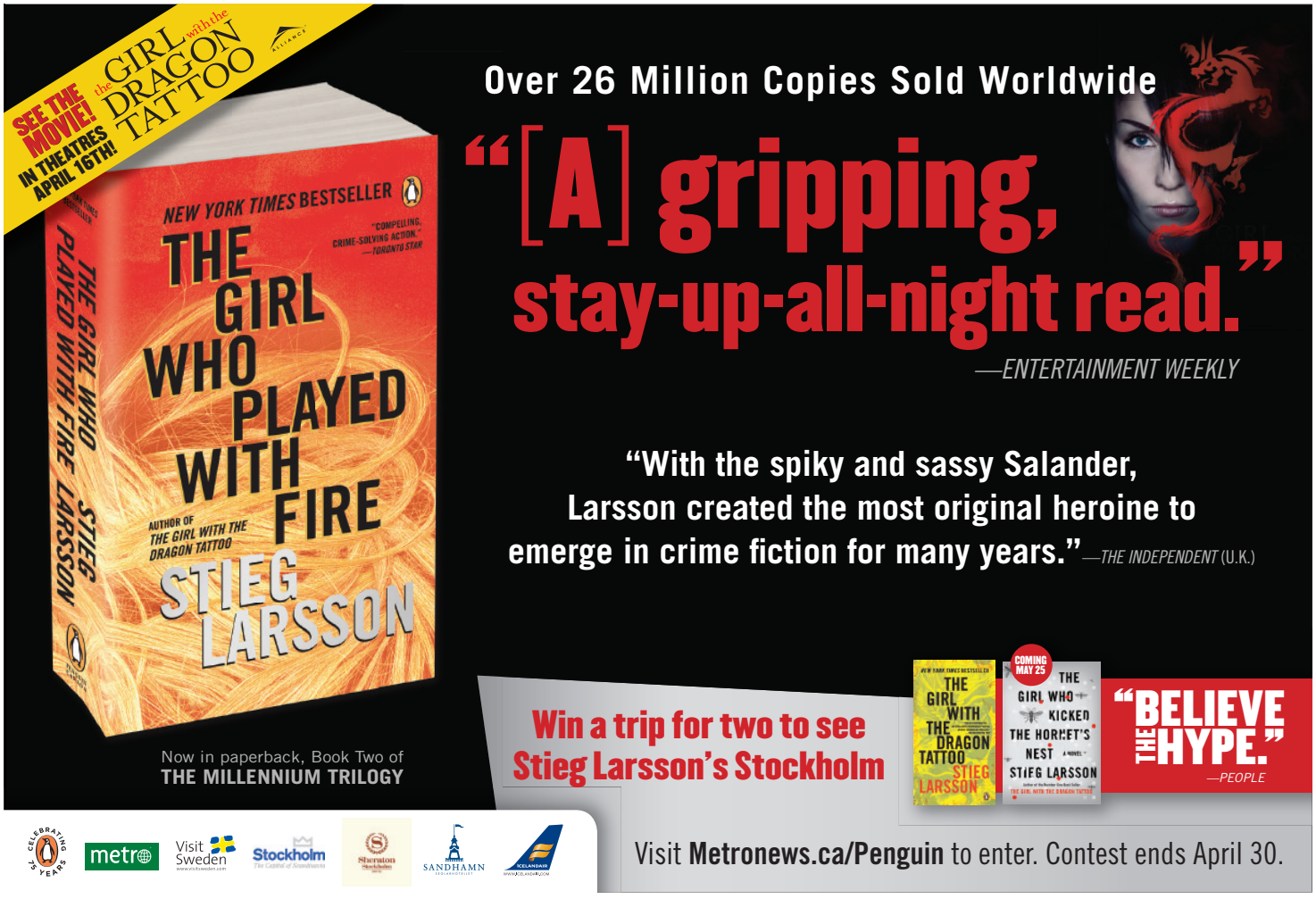
The Lord of the Rings Trilogy (Blue-ray)

Directors: Peter Jackson

PERHAPS YOU LIVE in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

Peter Howell/for Metro Canada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The Wiggles rock on film for pre-schoolers

The Wiggles have built an empire that includes a theme park, a wildly successful TV show, CDs, DVDs, toys and a live tour that draws packed houses around the world.

Now, the Australian supergroup is aiming to conquer Canadian multiplexes with a concert film set to screen in theatres across the country this Saturday and Sunday.

The Wiggles – Big Big Show In the Round is being billed as the first-ever live concert movie for pre-schoolers. Group member Anthony Field says fans will be blown away by the scope of the circus-themed extravaganza.

"I can't think of anyone else that's done a movie for kids like this," he said in a recent interview from the band's offices in Sydney. "Especially on this scale. In the words of P.T. Barnum, you won't believe your eyes." Field, a.k.a. the Blue Wiggle, says the group was approached to do the big-screen concert — shot Dec. 20, 2009 at Sydney's Acer Arena — because there was so much demand for tickets to their live performances.

PHOTO CREDIT

The Wiggles - Big Big Show In the Round, billed as the first-ever live concert movie for pre-schoolers, hits multiplexes this weekend.

"This company came to us and said: 'Look, out in the country the kids can't get out to see your shows so why don't we film it and put it on in theatres?'

"We did that and it was such a success, we used 18 cameras and got amazing shots of the shows and beamed it out to all the country areas of Australia."

Blessed with a fanbase that naturally replenishes itself every few years, the Wiggles — rounded out by Murray Field, Jeff Fatt and Sam Moran — show no signs of slowing down.

Almost 20 years after the group formed, they do over 200 live shows each year and their TV show is seen in over 110 countries.

THE CANADIAN PRESS

ON DVD AND BLU RAY APRIL 6TH
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EVA MENDES
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Ousted governor Blagojevich 'fired' again

TV Rod Blagojevich has been fired again.

The former governor, whom Illinois lawmakers ousted from office last year, has been kicked off NBC's Celebrity Apprentice.

Rod Blagojevich

Apprentice boss Donald Trump fired him after Blagojevich struggled as team leader in creating an interactive display.

As on a previous episode, technology posed a surprising hurdle for Blagojevich. On Sunday's show, he had trouble sending text messages and emailing.

Blagojevich explained his difficulties using cellphones and computers on WLS-AM's Don Wade and Roma Morning Show yesterday. He says his generation didn't grow up with what he calls "all that stuff." Blagojevich faces a federal indictment alleging political corruption while in office. He's denied any wrongdoing.

THE ASSOCIATED PRESS

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 4/6/10	265	353	2	TVO	The Choir (Part 1 of 4)		The Agenda With Steve Paikin		Whitechapel (Part 2 of 3)		100 Greatest Discoveries		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Guilty Pleasure"		NCIS: Los Angeles (N)		The Good Wife "Doubt"		News Hour
	-	-	5	SRC	Virginie (SC)	La Facture	Beautés désespérées (SC)		Musee Eden (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	Degrassi: Next	TMZ (N)	Dancing With the Stars		The Middle	Old Christine	(10:02) V (HDTV) (N)		Comedy Now
	196	311	7	CTV	Lost "Happily Ever After"		American Idol (HDTV) Nine finalists compete. (Live)				Law & Order: Special Victims		CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	Comedy Fest	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser A swimming challenge. (N)				Parenthood (HDTV) (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)		Flashpoint (SC)		L'Attaque à 5 (N)		Big Brother QC
	137	763	12	TFO	Panorama		Gulo Gulo, rendez-vous		*Les Destinées sentimentales* ★★ (2000, Drame) Emmanuelle Béart.				
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Guilty Pleasure"		NCIS: Los Angeles (N)		The Good Wife "Doubt"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	214	344	15	CITY	Law & Order: Special Victims		The Biggest Loser A swimming challenge. (N)				Parenthood (HDTV) (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*The Animal* ★ (2001, Comedy) Rob Schneider.		*Dr. No* ★★★ (1962, Action) Sean Connery, Ursula Andress, Joseph Wiseman.						News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Dancing With the Stars		Lost "Happily Ever After"		(10:02) V (HDTV) (N)		News
	512	396	24	CPAC	Dossier public (SC)		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
	651	355	25	CTS	Little House on the Prairie		Father Dowling Mysteries		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) Nine finalists compete. (Live)				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (Part 1 of 2) (N)		The Mormons (Part 2 of 2) (DVS)				Charlie Rose
	205	312	104	CTV	Lost "Happily Ever After"		American Idol (HDTV) Nine finalists compete. (Live)				Law & Order: Special Victims		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	Overtime	NHL Hockey Ottawa Senators at Florida Panthers. (HDTV) (Live)					Sportsnet Connected		UEFA Soccer
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	NBA Basketball Toronto Raptors at Cleveland Cavaliers. (HDTV) (Live)					NHL Hockey San Jose Sharks at Calgary Flames.			
	410	403	52	SCR	WWE Monday Night RAW				Court Surfing NBA news, scores and highlights.				
cable variety	411	457	56	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV)		Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time
family	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	G. Simmons
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami "Flight Risk"		Runaway Sq.
	628	584	32	SPKE	The Unit "200th Hour"		UFC Fight Night (HDTV)				Deadliest Warrior (HDTV)		Unleashed
	521	560	34	TLC	Ultimate Cake Off		My First Home	My First Home	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	My First Home
	145	761	35	TV5	La Dernière girafe		Partir autrement		Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Unthinkable* (2007, Suspense) (HDTV) Michelle Forbes.				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Live at the Rehearsal Hall		Liza With a Z: Concert		Bravonews	Arts & Minds	Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*The Fog* (2005)
	600	564	49	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (N)		Fringe "Peter" (N)		InnerSpace (N)
	581	566	53	MTV	After	Cribs	Cribs	Teen Cribs	16 and Pregnant		16 and Pregnant "Leah" (N)		
	618	524	54	TROP	The Celebrity Apprentice A theme park's new attraction.				Dog Whisperer		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Aftermath "World Without Oil"		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Weather
	129	773	60	CD	Biographies (HDTV)		Ondes de choc		Images-chocs		Gangland "Hate Nation" (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	602	567	62	W	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV	Moccasin Flats
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics'corner

The Choir
This four-part documentary series is subtitled "Boys Don't Sing." It follows Gareth Malone, choirmaster of the London Symphony Orchestra, as he tries to organize a 100-voice singing ensemble at a school full of boisterous boys. Most of them think rap is cool but singing isn't ... a sentiment shared by many of their teachers. But Malone has big dreams for these boys. 7 PM on 2 TVO

NCIS
Gibbs and his team turn to Washington, D.C., madam Holly Snow for help when a Navy officer's death is connected to a prostitute. Adam Kaufman, Jason London and Taylor Cole guest star in the new episode "Guilty Pleasure." 8 PM on 13 CBS 3 GTV

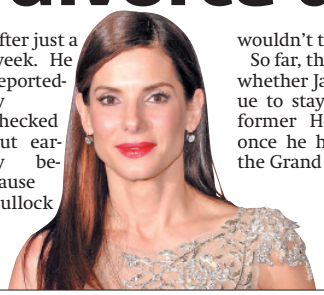
The Good Wife
Will and Alicia deal with their growing sexual tension while defending a student accused of killing her sorority sister while under the influence of a sleep aid. Kurt and Diane continue to flirt in the new episode "Doubt." 10 PM on 13 CBS 3 GTV

Alcohol + Pregnancy = Bravo series
Real Housewives of New York star Alex McCord reveals in a new book that she drank while pregnant, usmagazine.com reports. McCord is the mother of two boys (ages six and four). METRO NEWS SERVICES

Celebrity Buzz

Bullock preps divorce docs

MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into after just a week. He reportedly checked out early because Bullock wouldn't take his calls.



So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.

METRO WORLD NEWS

Lady Gaga can't fall asleep anymore

WELL, IF HER DREAMS ARE ANYTHING LIKE HER VIDEOS I CAN'T SAY I BLAME HER Lady Gaga says her success over the last two years has made her an insomniac.

"My passion is so strong I can't sleep. I haven't slept for three days," she says, according to Exposay. "I lie in bed and try to pray and breathe. I have a very overactive mind. I'm the sort of person who'd never take medication to calm myself. It's maddening. But I love what comes out." And she admits she's not worried about things getting worse. "I'm already crazy," she says.

METRO WORLD NEWS

Celebs tweet about quake

IT CLEARLY WASN'T POWERFUL ENOUGH TO DISMANTLE THEIR IPHONES A 7.2 earthquake hit Baja California on Sunday afternoon — about 240 miles southeast of Los Angeles — and the news was felt across Twitter, accessHollywood.com reports.

Paris Hilton Tweeted her fear of the quake, which was felt in LA, San Diego — and even Las Vegas. A second, smaller quake also hit San Francisco on Sunday.

"OMG! So scary, just felt an Earth Quake! Anyone else feel it? I hope there isn't anymore," Paris Tweeted.

In Vegas, Danny Masterson Tweeted that he also felt the earth shake. "56th floor in vegas was swayin! Earthquake in mexico," he Tweeted.

METRO NEWS SERVICES

Trump stalker posts bail, has new 'strategy'

YEAH, THIS ISN'T GOING TO BE A VERY LONG RELEASE A 27-year-old man accused of stalking Ivanka Trump was released on bail Friday, the New York Post reports. Justin Massler was arrested in Nevada on suspicion that he used the Internet to stalk the Celebrity Apprentice star, adds popeater.com.

Massler, who has been diagnosed with schizophrenia, was charged with stalking and harassment Thursday and freed on $10,000 US bail. Jail hasn't dampened Massler's enthusiasm for Donald Trump's daughter — the accused said Sunday night that he has a new plan to woo her.

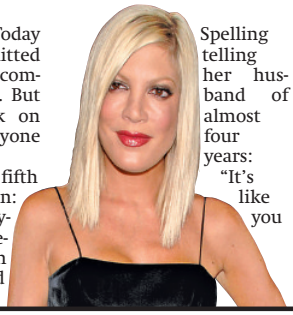
"I've got a stalking charge, so that means I can't contact her. I won't, like, try to ever visit her directly," Massler told the New York Daily News. However, he says he still plans on "trying to win her over." METRO NEWS SERVICES

Spelling denies rumours of marital strife

SOMEWHERE IN CANADA, MARY JO EUSTACE IS WATERING HER SCHADENFREUDE PLANT Tori Spelling is downplaying rumors of marital strife with Dean McDermott after leaked footage from the new season of Tori & Dean showed the couple in a major fight, people.com reports.

"We're not headed for divorce," Spelling, 36, said yesterday on NBC's Today show. "We're committed to each other, we're committed to this family. But you know, we work on things just like everyone else."

Footage from the fifth season of Tori & Dean: Home Sweet Hollywood, which premiered last night on Oxygen, showed Spelling telling her husband of almost four years: "It's like you got more and more unhappy and angry. I just want the old Dean back. I really do. I miss you so much."



But Spelling says not to worry – that she and McDermott, 43, are just like any other married couple. Well, minus the whole exploiting your relationship on reality TV thing.

METRO NEWS SERVICES

Perry only has ears for her fiancé

BUNNY LOVE Katy Perry and fiancé Russell Brand celebrated Easter with a backyard BBQ for family and friends on Sunday, people.com reports.

"There was an Easter bunny to entertain the kids and guests were wearing bunny ears," says a source. Perry even posted a photo of herself and pals with the giant white rabbit.

The couple was all over each other at the bash, which was held at their Los Angeles home. "They kept kissing and were super affectionate," adds the source.

METRO NEWS SERVICES

McCartney's meat-free tour

HAPPINESS IS A COLD SALAD Paul Mccartney has banned meat from his latest tour — he's serving vegetarian meals to all his crewmembers, femalefirst.co.uk reports.

The Beatles star is taking his Up and Coming Tour through the U.S., South America and Europe, and the staunch animal rights activist is making sure all his employees give up meat for the duration of the trek.

A spokesman for the veteran rocker tells Britain's Sunday Express newspaper, "We will serve some 480 vegetarian meals a day to keep the crew going."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

DEEPAK CHOPRA thinks he can cause earthquakes, **CONAN O'BRIEN** is at the forefront of technology, **JESSE MCCARTNEY** is inspired by his elders, and **DIABLO CODY** is relaxing with the classics.

@DeepakChopra Was meditating on Shiva mantra & earth began to shake. Sorry about that

@ConanOBrien Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

@JesseMcCartney Sitting at a cafe in Bloomie's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

@diablocody Watching The Sound of Music. The Baroness is the most reasonable person in this movie

METRO NEWS SERVICES

Lohan tweets about nightclub 'sell out'

I'D LIKE TO NOMINATE THE LOHAN FAMILY FOR THE WORLD'S FIRST TWITTER BAN Lindsay Lohan claims a recent incident in which she was denied access to a West Hollywood nightclub was staged by the club's security to set her up for the paparazzi. Lohan took to her Twitter account to complain about the staff at Voyeur, insisting she wasn't even trying to get into the club. "I get sold out by guys that I treat with respect and kindness," she wrote.

METRO WORLD NEWS

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Today Showers 80% 14° / 10°
Wednesday Showers 80% 20° / 9°
Thursday Rain 80% 16° / 7°
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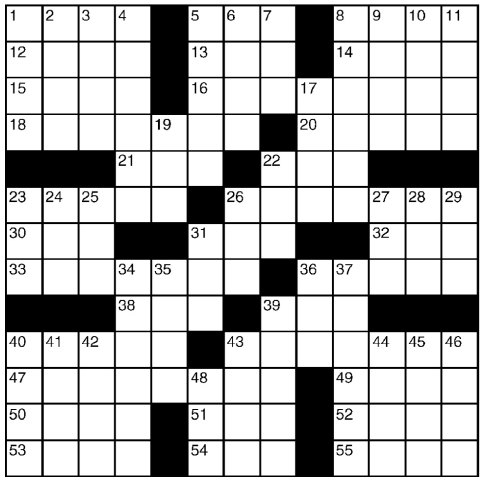
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 One of the deadly sins
5 — Khan
8 Item on stage
12 Chills and fever
13 Roadside weapon (Abbr.)
14 "— but known, ..."
15 Entreaty
16 Chaotic place
18 Attack dog, often
20 Beginning
21 Exist
22 Comedian Margaret
23 Pretend
26 Pitcher's warm-up area
30 Possess
31 Opposite of 29-Down
32 Historic time
33 Mark Twain, famously
36 Dazzlingly bright
38 Whatever number
39 Coloration
40 Anticipate
43 It usually says "HELLO"
47 Slogans
49 Undulating
50 Shrek is one
51 Chow down
52 Computer brand
53Anthropologist Margaret
54 Raw rock
55 Days gone by

DOWN

1 Reindeer herder
2 Wrinkly citrus
3 Tallow source
4 Lipton item
5 Supermarket section
6 Robt. E. Lee, for ex.
7 Oklahoma city
8 Disinfectant chemical
9 Seance sounds
10 Garfield's pal
11 Actor Brad
17 Germany reunifier Helmut
19 Vase's cousin
22 Poolroom stick
23 Dandy
24 Ram's mate
25 Hostel
26 "See ya"
27 Shell game need
28 Mess up
29 Opposite of 31-Across
31 Actress Adams
34 Caught in the act
35 Oppositionist
36 Wrigley product
37 Elbow room
39 Waste maker
40 Teensy bit
41 Carry on
42 Taj Mahal city
43 Approach
44 Mexican entree
45 State with conviction
46"Did — and gimble ..."
48Ultramodernist (Pref.)

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3			6			7	
		1	3		2	5		
4								6
2		5				1		7
			8		4			
3		6				8		5
1								9
		8	2		9	6		
	6			3			2	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	5	2	1	3	6	4	7	8
3	6	7	8	9	4	2	5	1
8	4	1	2	5	7	9	3	6
5	7	9	3	2	8	6	1	4
6	1	3	7	4	9	8	2	5
2	8	4	6	1	5	7	9	3
1	3	6	4	7	2	5	8	9
7	9	8	5	6	1	3	4	2
4	2	5	9	8	3	1	6	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Kid-Friendly Pancakes

INGREDIENTS:

375 ml (1 1/2 cups) flour (half all-purpose and half whole-wheat flour)
2 eggs
250 ml (1 cup) 2 per cent milk
30 ml (2 tbsp) canola oil
10 ml (2 tsp) baking powder
15 ml (1 tbsp) sugar
30 ml (2 tbsp) partly skimmed ricotta cheese
30 ml (2 tbsp) hazelnut spread
1 handful sliced almonds (optional)

METHOD:

1. In a mixing bowl, whisk flour, eggs, milk, canola oil, baking powder and sugar until there are no clumps.
2. Mix in ricotta cheese and hazelnut spread.
3. Stir in almonds, if using.
4. Heat a skillet and coat with non-stick cooking spray.
5. Drop about 50 ml (1/4 cup) of the batter onto the middle of the skillet.
6. When the pancake starts to look firm and bubbles a bit on the top, use a spatula to flip it. Cook until the other side is browned.

SERVES 8

THE CANADIAN PRESS

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you rush into something of a financial nature today you may have to rush out again quickly — and at a considerable loss.

TAURUS ♉
APRIL 21-MAY 21
Make it your business to ask a friend or loved one why they are behaving so out of character. Don't push it if they don't want to talk

GEMINI ♊
MAY 22-JUNE 21
Unexpected events will throw your plans into confusion, so don't bother planning your day in any great depth.

CANCER ♋
JUNE 22-JULY 22
Someone you have to deal with at home or at work will be rather touchy today and there is a danger their black mood will rub off on you. Don't let it.

LEO ♌
JULY 23-AUG 23
Insist on the facts today. What other people believe may be interesting but it is also irrelevant as far as your plans are concerned.

VIRGO ♍
AUG 24-SEPT 22
The Sun in Aries makes you ultra serious but other aspects make you want to go out and enjoy yourself. So what do you do? You enjoy yourself

LIBRA ♎
SEPT 23-OCT 23
It might be wise to keep your good ideas to yourself today, especially if they are the kind of ideas you cannot follow up on immediately.

SCORPIO ♏
OCT 24-NOV 22
It would appear that you have got hold of the wrong end of the stick where an affair of the heart is concerned. Your fears are completely unfounded.

SAGITTARIUS ♐
NOV 23-DEC 21
Someone will be somewhat critical of your actions today but you must not let it affect what you are doing.

CAPRICORN ♑
DEC 22-JAN 20
You won't be happy with superficial answers today. Use intuition to guide you and logic to evaluate what you learn.

AQUARIUS ♒
JAN 21-FEB 18
Don't let your emotions get the better of you. If you find yourself getting angry you must focus your mind on all the good things there are in your life.

PISCES ♓
FEB 19-MARCH 20
This could be and should be a lucky day for you, but a lot depends on your frame of mind. If you believe that fate is kind, it will be.

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Breakfast daily • Standard double rm.
June 6–11 • 6 nts.
FREE **Paris city tour**
$899 +Taxes & other fees (including service charges): $332

Air, Hotel & City Tour
ROME via Montreal
Hotel Center 1, 2, 3 • 3★
Breakfast daily • Double standard rm.
June 16 • 6 nts.
FREE **Hop-on / Hop-off tour**
$1099 +Taxes & other fees (including service charges): $281

Air, Hotel & City Tour
LONDON
Hotel Ibis London Earls Court • 3★
Breakfast daily • Standard rm.
May 26 & 27 • 6 nts.
FREE **Hop-on / Hop-off tour**
$899 +Taxes & other fees (including service charges): $397

Air & Cruise
Louis Cruises[2]
Louis Cristal
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Aug. 24 & Sept. 3 • 10 nts.
$1829 +Taxes & other fees (including service charges): $460
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LONDON & PARIS
Non-stop flight to London,
return from Paris via Toronto
Train travel between cities
Hotel Ibis London Earls Court • 3★ (London)
Breakfast daily • Standard rm. • 4 nts.
FREE **Hop-on / Hop-off tour**
All Seasons Paris Gare de l'Est • 3★ (Paris)
Breakfast daily • Standard rm. • 3 nts.
June 1 & 3
$1199 +Taxes & other fees (including service charges): $330

Sun Destinations

CUBA

Varadero via Toronto
Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Apr. 17–19 • 1 wk.
$629 +Taxes & other fees (including service charges): $229
Please add $50 for Sat. departures
Departure tax: 25 CUC cash, paid locally

Holguin via Toronto
Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Apr. 17 & 24 • 1 wk.
$699 +Taxes & other fees (including service charges): $229
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Samana via Toronto
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
May 2–30 • 1 wk.
PRIVILEGES
$699 +Taxes & other fees (including service charges): $304

Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Apr. 25 • 1 wk.
$759 +Taxes & other fees (including service charges): $304

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
May 4, 5, 7–14 & 18–20
1 wk.
PRIVILEGES
$1029 +Taxes & other fees (including service charges): $280
Please add $50 for Sat. & Sun. departures

SAINT LUCIA via Toronto

Almond Morgan Bay • 4★
All-Inclusive • Standard pool and garden view rm.
May 1–30 • 1 wk.
$1559 +Taxes & other fees (including service charges): $227

SUPERCLUBS BREEZES RESORTS

NASSAU, BAHAMAS via Toronto

Breezes Resort, Bahamas • 3★
Super-Inclusive®
Deluxe garden view rm.
May 8–19 • 3 nts.
$889 +Taxes & other fees (including service charges): $95
Price based on Sat. – Wed. Departures

JAMAICA via Toronto

Breezes *Bonanza*[3]
Super-Inclusive®
Run of the house
May 4, 5, 7 & 8 • 1 wk.
$999 +Taxes & other fees (including service charges): $280
Please add $50 for Sat. departures

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